

November 2019

# CANS NUTRITION BULLETIN

Child and Adult Nutrition Services  
SD Department of Education



**south dakota**  
DEPARTMENT OF EDUCATION

**Learning. Leadership. Service.**

# In This Issue

## **All Child Nutrition Programs**

The Grapevine—A Note From Cheriee

South Dakota Sponsor Spotlight

*Dr. Jones Visits Dakota Valley*

*Department of Education Celebrate the Crunch Off*

*CANS Office Pumpkin Decorating*

Upcoming Procurement Plan Workshops

Local Agency Procurement Support (LAPS) Calls

Check in With CANS Monthly Conference Call

## **School Nutrition Programs**

Equipment Grants

Verification

Website Updates

Recent SNP Memos Released

2020 Farm to School Grants Available

SDSU Extension

## **Child & Adult Care Food Program Updates**

### **Serving Up USDA Food Photo Contest**

### **Program Policy Memos**

### **Contact CANS**

We are modifying the way that we organize our table of contents! Items highlighted in bold and underlined are section headers to help you find the sections of the bulletin that apply to you. Any articles that fall under that heading the ones applicable to that heading. If there is only a heading, then there is only one article associated with that topic. Please feel free to give us your feedback on any aspects of the Nutrition Bulletin!

## The Grapevine—A Note From Cheriee

Did you know that November is Native American Heritage Month? I encourage you to find some opportunities this month to celebrate the rich and diverse cultures, traditions, and histories and to learn about the important contributions of Native people. The School Nutrition Association suggests celebrating this important month by honoring famous Native American individuals by hanging up pictures along with their stories, or display a large wall map and use colorful flags to identify the locations of different tribes in the U.S.

If you are looking for more inspiration on how to celebrate the month by using food, Wisconsin Dept. of Public Instruction created an amazing resource to **add traditional foods into your meal program**. "The American Indian Traditional Foods in USDA School Meals Programs: A Wisconsin Farm to School Toolkit" (<https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/amer-ind-trad-foods-toolkit.pdf>) was created to help food service directors identify, purchase, and successfully incorporate traditional, healthy foods into their breakfast and lunch programs. It is also a teaching tool to educate those interested in traditional foods about American Indian nations and tribal communities.

Included in this amazing resource are standardized recipes! Can you change up your cycle menu to replace your normal nachos to **Bison Nachos**? Switch up your standard beef burger for **Bison Sliders**! Add in **Three Sisters Salad** to help meet your vegetable subgroup requirements! Have you been looking for **Whole Grain Rich Fry Bread** recipe? Maybe you could have a day for students to sample a traditional food or recipe to encourage them to try something new. Give it a try and let us know how it went!



Now that school has settled in, have you considered trying out an alternative breakfast meal service option? These alternative breakfast options are a great way to try to increase your student breakfast participation, ensure students start off their day with a healthy meal, and keep them alert and focused in class. Many schools in SD have moved to a grab and go breakfast, breakfast in the classroom, or added a second chance breakfast. Our partners at FRAC have a short [fact sheet](#) with some great information. Colorado Dept. of Education has a great quick guide for teachers (<https://www.cde.state.co.us/nutrition/osnsbpresourcesbicquickguideforteachers>). And Partners for Breakfast in the Classroom (<https://breakfastintheclassroom.org/implementation/>) has a many resource and ideas to get you started.

And finally, at Thanksgiving we pause to count our blessings, take time to ponder the lessons we have learned, and to look back at all the great memories and good people who came into our lives. We appreciate you all so much! Happy Thanksgiving Day to you and your loved ones.

–Cheriee Watterson

# South Dakota Sponsor Spotlight!

Is your school or agency doing anything unique and interesting in your programs that you would like to share!? Do you want to be featured in our South Dakota Sponsor Spotlight segment!? Submit any pictures along with a summary of the exciting events that you're doing to [DOE.SchoolLunch@state.sd.us](mailto:DOE.SchoolLunch@state.sd.us).

## Dr. Jones Visits Dakota Valley

The Dakota Valley School District had a visitor during National School Lunch Week. Dr. Ben Jones, Secretary for the Department of Education came to their school and ate lunch with the kids! He also had the opportunity to bite into a local apple from the Hebda Family Farm so that he could help kick off their Crunch Off Event! Check out the photos below!



## Department of Education Celebrates Crunch Off

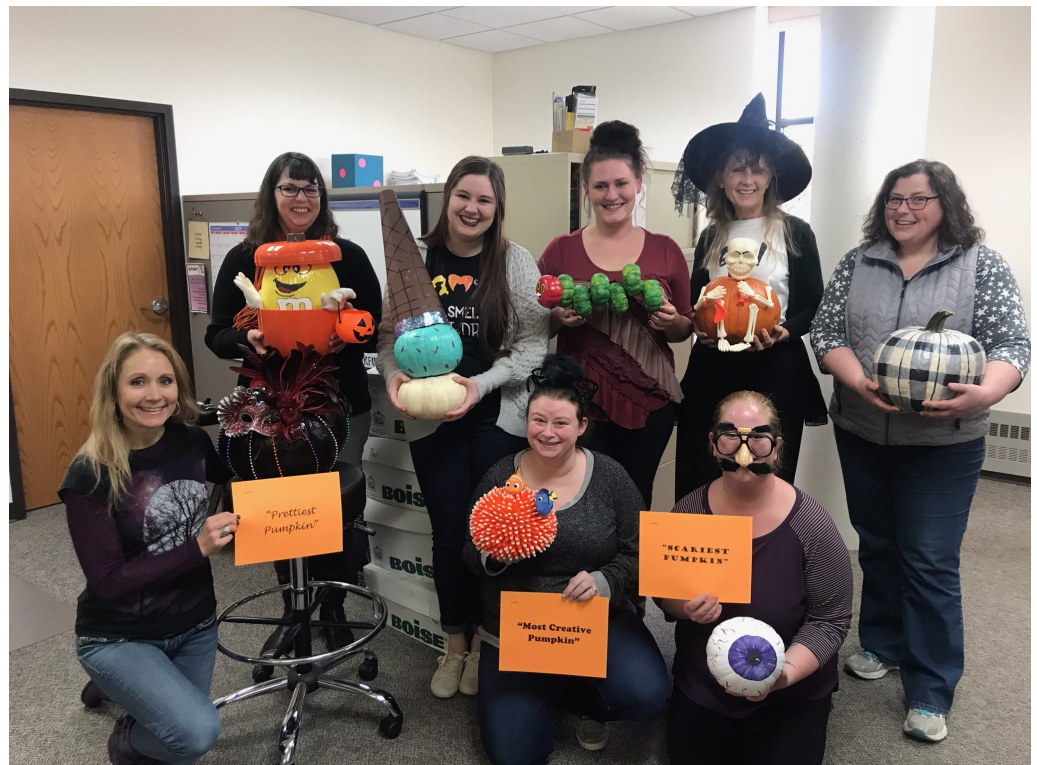
The Department of Education was able to participate in the 2019 Crunch off during Farm to School Month! We even happened to have a procurement training in the building that day and all of the participants were able to take part as well! Check out our photos from the crunch off below and if you have any photos from the Crunch Off Celebration—send them to us! We'd love to see!





## CANS Office Pumpkin Decorating

The CANS Office had some fun this Halloween! We had a pumpkin decorating contest and the whole Department of Education had a chance to vote on their favorite pumpkins! Check out the staff members with their pumpkins and our winners!



## Upcoming Procurement Plan Workshops

Procurement Plan Workshops - What's Your Plan? Many South Dakota Child Nutrition Agencies will be having Procurement Reviews this year. Part of that process includes reviewing your agency's Procurement Plan. If you are involved in buying for your agency, you will want to attend one of these workshops. You will leave with an accurate and complete Procurement Plan that reflects how purchases are made at your agency. Space is limited, so sign up early!

- [Mitchell, November 14, 2019 – 8 am to 12 pm @ the Mitchell Career & Technical Education Academy](#)
- [Aberdeen, RESCHEDULED, November 21, 2019 – 1 pm to 5 pm CDT @ Northern State Library](#)
- Watertown, RESCHEDULED, November 22, 2019 – 8 am to 12 pm CDT @ the Watertown Public Library **\*FULL\***

If you would like to be placed on the waitlist for any of the full classes, you can contact the CANS Office at 605-773-3413 or email Courtney Martin at [Courtney.Martin@state.sd.us](mailto:Courtney.Martin@state.sd.us).

## Local Agency Procurement Support (LAPS) Calls

It's always nice to share information and best practices with your peers. With that thought in mind we will be continuing Local Agency Procurement Support (LAPS) calls. Starting on **October 8th at 2 pm Central time** we will begin having monthly procurement calls on a variety of topics. They will continue to be held on the second Tuesday of each month unless otherwise notified.

- December 11, 2019 - Forecasting

The call-in number is **1-866-410-8397** and the conference code is **3490506657**. Email reminders will be sent out to Food Service Directors, Business Managers and Superintendents the week before the call. Please mark this on your calendars and have your questions ready. If you have any procurement topics you would like to have addressed, please email or call [Gerianne.Headrick@state.sd.us](mailto:Gerianne.Headrick@state.sd.us) or 605-773-4718.

# Check in With CANS Monthly Conference Call

Mark your calendar!! Check in with CANS is a monthly conference call scheduled for the first Thursday each month. This call is open to all agencies on the Child Nutrition Programs. Each call will start with a report from CANS with hot topics, new guidance or program clarifications, and reminders of upcoming dates. There will also be time scheduled during each call for participants to ask questions.

Check in with CANS is scheduled on the first Thursday of each month starting at **2:30 pm CT / 1:30 pm MT**. Calls are scheduled for:

- December 5th
- January 2nd
- February 6th
- March 5th
- April 2nd
- May 7th
- June 4th (*tentative*)

To join the conference call, **dial 1-866-410-8397 and enter code: 6507733610**. If you have trouble joining the conference call, or have additional questions, call the CANS office at 605-773-3413. Feel free to send in questions ahead of the call to [DOE.SchoolLunch@state.sd.us](mailto:DOE.SchoolLunch@state.sd.us) please reference "Conference Call Question" in the subject line.

Shortly before the call, an agenda will be posted to the CANS website main page, <http://doe.sd.gov/cans/index.aspx>, under *Check in With CANS*. Shortly after the call is complete, the call minutes will replace the agenda with additional information. Please mark your calendar for these dates and join us!



## Equipment Grants

Equipment grants are now available! You can find the equipment grant application on the CANS/SNP [website](#) under "Equipment Grants"

- Applications are were due November 8, 2019
- Grants to qualifying SFAs will be announced no later than January 2020
- Grant funds should be obligated by June 30, 2020; if there are concerns with this time frame please contact the CANS office
- Any funds not used must be returned to the State Agency prior to September 30, 2020
- Grant recipients should fully expend their NSLP equipment assistance grants by September 30, 2020; contact the CANS office if timelines are a concern
- Priority must be given to schools with 50% or more of the enrolled students eligible for free and reduced priced meals (based on October 2018 data)

## Verification

Verification PowerPoint slides are posted on the website at: <https://doe.sd.gov/cans/snp.aspx> under the Training & Webinars heading.

**The verification reporting deadline is November 15.** Remember, the report is submitted through iCAN. Refer to the Reporting webinar for further instructions. All schools/agencies must submit a verification report.

Please contact the CANS office at [DOE.SchoolLunch@state.sd.us](mailto:DOE.SchoolLunch@state.sd.us), or call at 605-773-3413 with any questions.

## Website Updates

On the CANS page, the National School Lunch/Breakfast Programs link is now School Nutrition Program. The Special Milk Program has been removed from this page.

The Special Milk Program information is now here: <https://doe.sd.gov/cans/snp.aspx> under the School Meal Programs Resources section.

The SNP page has also changed in the link: <https://doe.sd.gov/cans/snp.aspx>. So, if you have the NSLP/SBP page saved with NSLP, you will need to update your favorites. Another section of our webpage that got updated over the summer is our [Memos](#) page. Please note that memos were updated, and the numbering system has changed. If you had an old memo on file, please see if there is an updated version here.

Visit the [CANS website](#) and the [SNP website](#) to check out the changes!



# Recent School Nutrition Program Memos Released

USDA has recently released new policy memos; these memos should be taken into consideration when operating applicable programs.

[SP 36-2019 – Updated School Meal Guidance](#)

[SP 37-2019 – Q&A on the Final Rule: Flexibilities for Milk, Whole Grains, and Sodium Requirements](#)

[SP 38-2019 – Meal Requirements under NSLP and SBP: Q&A for Program Operators](#)

[SP 39-2019 – Clarification on Milk and Water Requirements in the School Meal Programs](#)

[SP40- 2019 – Smoothies Offered in Child Nutrition Programs](#)

[SP 41-2019 – Salad Bars in NSLP and SBP](#)

Visit USDA's Food & Nutrition Service (FNS) [Documents & Resources page](#) for a full list of available policy memos.

## 2020 Farm to School Grants Available!

FNS seeks to award up to \$10 million to schools, school districts, nonprofits, State and local agencies, agricultural producers, and Indian tribal organizations to plan, and implement farm to school activities. Grants ranging in size from \$20,000 to \$100,000 will be available for approved proposals in FY 2020.

The Request for Applications (RFA) includes three tracks—Implementation, Planning, and a new State Agency track. Each track supports a variety of projects and implementation stages. See below for the specific range of activities for each track.

- **Planning grant** awards range from \$20,000-\$50,000. Planning grants are ideal for applicants just getting started on farm to school activities. A few of these activities include collecting data, engaging stakeholders, identifying gaps in knowledge and resources, pinpointing and developing solutions for obstacles that hinder farm to school programming for a particular community.
- **Implementation grant** awards range from \$50,000-\$100,000. An implementation grant is a good fit for those entities that have prior farm to school experience. It can be used to further develop existing farm to school initiatives, such as training and technical assistance, supply-chain development, evaluation activities, curriculum development, creation of promotional materials or campaigns, and

formation of networks or coalitions.

- **State Agency grant** awards range from \$50,000-\$100,000. State agencies may use this grant to improve access to local food served Child Nutrition Programs (CNP) by facilitating local procurement and agricultural education activities. Eligible State agencies include any State-level agency working to promote farm to CNP activities, such as State Departments of Education, Health, or Agriculture.

Looking for inspiration? Check out the School Grant Applicant Resources Page <https://www.fns.usda.gov/cfs/resources-farm-school-grant-program-applicants>. There you will find a [list of prior grantees' project descriptions](#) to give you ideas of things your school can do.

The Grant RFA can be found online [here](#). Complete applications must be submitted on [www.Grants.gov](http://www.Grants.gov), by **11:59pm ET on December 13, 2019**.

## SDSU Extension

### Temperature Danger Zone

November means the holiday season is coming upon us! Thanksgiving meals usually mean that there are leftovers and food safety should be something to be thought about. During a meal, food should not be left out in the temperature "Danger Zone", this zone is from 40 degrees Fahrenheit to 140 degrees Fahrenheit, for more than two hours. If you have hot food try to keep it hot as if you have cold food try to keep it cold. When storing leftovers it is important to store them in a shallow container to ensure that the food is cooled quickly. When reheating these leftovers, reheat it until the internal temperature is at least 165 degrees Fahrenheit or until it is steaming!

### Food Waste in Schools & Strategies to Reduce It

During the annual School Nutrition Association of South Dakota conference SDSU Extension gave a presentation on Food Waste in Schools and provided various strategies to reduce that food waste. This has been such a hot topic, that Extension decided to write an article on it! You can check out the article that they have written on their presentation here: <https://extension.sdstate.edu/food-waste-schools-and-strategies-reduce-it>



## Child & Adult Care Food Program (CACFP) Updates

Beginning October 1, 2019, some changes were made regarding the CACFP. The Stepping Stones, Training-by-Mail, and any other paper-training materials submitted to the CANS Office will no longer be accepted. To complete the annual training, you must participate in one of the following options:

- CANS Office annual in-person training
- In-house or in-agency training (be sure that you're following the requirements for this type of training)
- Webinars and quizzes submitted via Survey Monkey. The webinars and Survey Monkey quizzes can be found on the CACFP website: <https://doe.sd.gov/cans/cacfp.aspx> under the CACFP Training Opportunities tab. Once completed, a certificate will be emailed to your agency.

Additionally, the iCAN application information must be submitted to the iCAN system by the participating agency because this annual application process is a contract between your agency and the state. The CANS Office will no longer accept emailed, faxed, or mailed copies of application information. Thank you for your patience and cooperation with these updates.

### Upcoming Webinar

CACFP Halftime Webinar on In-Grained: Easy Tools to Determine Serving Amounts

On November 14, 2019, USDA's Team Nutrition initiative will present In-Grained: Easy Tools to Determine Serving Amounts. Registration for this free webinar is now available, using the following registration links:

1–1:30 p.m. CT / 12–12:30 p.m. MT **English Webinar** [[Register Now](#)]

2–2:30 p.m. CT / 1–1:30 p.m. MT **Spanish Webinar**: [[Register Now](#)]

Registration links are also available from <https://www.fns.usda.gov/tn/halftime-cacfp-thirty-thursdays-training-webinar-series>.

This upcoming webinar will focus on tools that can be used to determine how much of a grain item is needed to meet Child and Adult Care Food Program (CACFP) meal pattern requirements. Attendees will have the opportunity to submit questions to the presenters and to check their knowledge through interactive polling questions. FNS Regional Offices, State agencies, sponsoring organizations, and CACFP program operators are invited to participate.

Team Nutrition will provide certificates of participation to individuals who attend the entire thirty-minute webinar. The National CACFP Sponsors Association (NCA) is also offering webinar participants the opportunity to submit and track continuing education credits. Additional information on this opportunity is available from NCA at: <https://www.cacfp.org/resources/thirty-thursdays>. The Academy of Nutrition and Dietetics Commission on Dietetic Registration has also approved this webinar for 0.5 hours of Continuing Professional Educations Units (CPEUs).

For more information, please visit the [CACFP Halftime: Thirty on Thursdays](#) webpage. Questions about this webinar may be sent to [TeamNutrition@usda.gov](mailto:TeamNutrition@usda.gov).

## Serving Up USDA Food Photo Contest

Do you have a signature dish using USDA Foods? Are you willing to share a photo of it? If so, the **Serving UP USDA Food Photo Contest** is for you!

USDA is requesting photos that showcase how schools use only USDA Foods in their school meals. Visit <https://fns-prod.azureedge.net/sites/default/files/resource-files/2020%20Photo%20Contest%20Info%20Sheet.pdf> for more information. The contest begins November 1<sup>st</sup>, 2019 and ends January 15<sup>th</sup>, 2020. All entries should be emailed to USDA Foods mailbox at [USDAFoods@usda.gov](mailto:USDAFoods@usda.gov).

The Child and Adult Nutrition Services office would like to see your creations as well! Please send a copy of your submissions to [DOE.SchoolLunch@state.sd.us](mailto:DOE.SchoolLunch@state.sd.us).



## Program Policy Memos

**Some policies have multiple numbers. That means those apply to multiple programs.**

### **Child & Adult Care Food Program**

Current policies can be found at <http://www.fns.usda.gov/cacfp/policy>.

### **School Nutrition Programs (SP Memos)**

Policies that apply to school operation and administration can be found at <http://www.fns.usda.gov/school-meals/policy>.

### **Summer Food Service Program**

Policies can be found at <http://www.fns.usda.gov/sfsp/policy>.

### **Food Distribution**

Food Distribution policies can be found at <http://www.fns.usda.gov/fdd/policy>.



## Contact CANS

For any questions, comments, or concerns

Email: [DOE.SchoolLunch@state.sd.us](mailto:DOE.SchoolLunch@state.sd.us)

Phone: (605) 773-3413

Fax: (605) 773-6846

This institution is an equal opportunity provider.

**Professional Standards Reminder:** Any learning or training you receive about any aspect of the School Nutrition Programs can be counted as training time towards the professional standards annual training requirement. Reading the bulletin each month does count towards training hours.

Please retain documentation to show what topics were trained. For example, agenda, topics, handbook, certificate, etc. And record training on a Tracking Tool – we suggest using the [SD Tracker Tool](#) posted on the CANS NSLP website.

To credit training hours for time spent reading the Nutrition Bulletin, you will need to keep track of the time you spent reading and determine the applicable training codes. Appropriate documentation for this would be a copy of the bulletin signed and dated with the amount of time written on it.